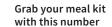


Middle Eastern Chermoula Roast Pumpkin Bowl

with Pearl Couscous & Garlic Dip

CLIMATE SUPERSTAR











Chermoula Spice







Roasted Almonds





Vegetable Stock



Garlic Paste

Powder



Baby Leaves







Garlic Dip

Prep in: 25-35 mins Ready in: 30-40 mins

Calorie Smart

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan · Large

Inaredients

-		
	2 People	4 People
olive oil*	refer to method	refer to method
onion	1/2	1
peeled pumpkin pieces	1 medium packet	2 medium packets
chermoula spice blend	1 medium sachet	1 large sachet
baby broccoli	½ medium bunch	1 medium bunch
roasted almonds	1 packet	2 packets
pearl (Israeli) couscous	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
garlic paste	1 small packet	1 medium packet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2669kJ (638Cal)	504kJ (120Cal)
Protein (g)	18.6g	3.5g
Fat, total (g)	31.7g	6g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	66.6g	12.6g
- sugars (g)	15.9g	3g
Sodium (mg)	1228mg	232mg
Dietary Fibre (g)	11g	2.1g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the pumpkin

- Preheat oven to 220°C/200°C fan-forced.
- Slice onion (see ingredients) into wedges.
- Place onion and peeled pumpkin pieces on a lined oven tray.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add chermoula spice blend, a pinch of salt and a drizzle of olive oil. Toss to coat, spread out evenly, then roast until tender. 12-15 minutes.



Get prepped

- While the veggies are roasting, boil the kettle.
- · Halve any thick baby broccoli (see ingredients) stalks lengthways.
- · Roughly chop roasted almonds.



Cook the couscous

- In a large saucepan, heat a drizzle of olive oil over medium-high heat. Toast pearl couscous, stirring occasionally, until golden, 1-2 minutes.
- · Half-fill saucepan with boiling water, then add a pinch of salt. Bring to the boil, then simmer, uncovered, until tender, 10-12 minutes. Drain and return to the pan.
- Add vegetable stock powder and a drizzle of olive oil and stir to combine.



Cook the baby broccoli

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- Cook baby broccoli until tender, 5-6 minutes.
- · Add garlic paste and cook until fragrant, 1 minute. Remove from heat.



Finish the couscous

 Transfer garlicky baby broccoli to the couscous, along with **baby leaves** and a drizzle of **white** wine vinegar. Season to taste, stir to combine.



Serve up

- Divide veggie couscous between bowls.
- · Top with Middle Eastern chermoula roast pumpkin and a dollop of garlic dip.
- Sprinkle over almonds to serve. Enjoy!

